



TRIPONHIMALAYA  
TREKKING AND ADVENTURE TOUR ACTIVITIES EXPERTS

# PHULARA RIDGE

*Trek 5n/6d*

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CNVFILLM FF1



## **TREK COST**

**EX DEHRADUN:-**

**8,999 /- (+ 5% GST)**

**EX SANKARI:-**

**6,999 /- (+5% GST)**



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# OVERVIEW



- Region: Uttarakhand
- Trek Duration: 06 Days
- Trek Difficulty: Easy To Moderate
- Max Altitude: 3690m / 12106 Ft.
- Approx Trekking Km:- 30 Kms.
- Nearest Bus/Railway Station/Airport: Dehradun
- Best time to do: September to November

The Phulara Ridge Trek is one of the loveliest treks to be experienced in Uttarakhand. Whether you are budding trekkers or experienced ones, you will enjoy the Phulara Ridge Trek without any doubt. The journey starts from Dehradun to Sankri and then to Phulara Ridge trek by crossing various meadows and villages. The temperature over here is low, and hence snow can be seen in the spring season also. But the best time to hit this place is during May and June, or you may also visit between September and November. There are various attractions present here which are enough to pull the travellers here. The meadows of Pushtara are one of them and are worth experiencing. The lush green ambiance invites travellers worldwide to come and let them loose in this mother nature's lap.





Among various trek packages offered Har ki Dun to Runsara trek offers something so marvellous which can't completely be jotted down in words. Apart from the scenic landscapes an enchanting lake, lush green forests, some exotic birds the trek offers these wholesome experiences both during Summers and Winters. Summers can also put you inbetween unexpected rains and winters will make sure you are amazed with white sheets on the mountain range so be prepared. Not only the trek provide relish to mind body and soul of a Trekker but Har ki Dun- Runsara Tal Trek also holds spiritual beliefs which co-exist since ages of Mahabharata, legends has it that this place is Known as 'Staircase to Heavens' reason being that the Pandavas along with Panchali took this route towards heavens. Another special thing that adds to this place's spirituality is that here we come across the temple of Duryodhana at osla village. Yes! many might wonder why Duryodhana is worshipped after we know him in Mahabharata but it's again what makes this place's culture so full of curiosity and spirituality. Located in Uttarkashi district of Uttrakhand Har ki Dun- Runsara Tal Trek Package offer campsites on the banks of Runsara Lake which makes sure that your every second spent in this serenity is worth remembering lifetime. Nevertheless the trek provide a mesmerizing glimpse to peaks like Swargarohini and others. The trek Starts at Sankri village which is one of the few oldest villages that still holds culture and heritage from thousands of years passing on to coming generations . The fun doesn't end here during this 8Day trekking experience we make sure that you have best tools, expertise and every little information that you need to make sure you can get the fullest out of this surreal trekking experience. With this here we offer other details of the Trek.



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# SHORT ITINERARY



## DAY 1: Dehradun to Sankri

- Distance: 200 km trek
- time taken around 9-10 hours.



## DAY 2: Sankri to Sikotta

- Distance: 5 km trek
- time taken around 5-6 hours.



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## DAY 3: Trek to Sikotta to bhoj gadi

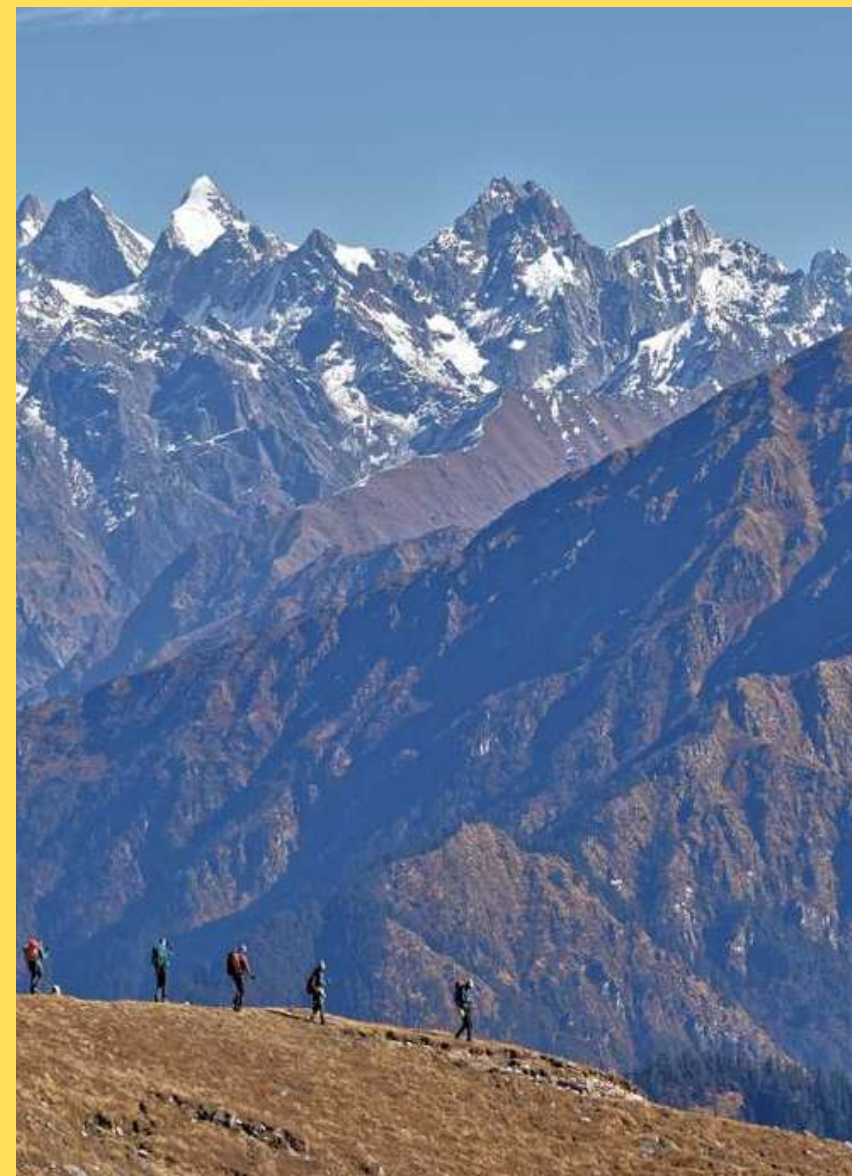


- Trek Time: 4-5 hours



## DAY 4: Trek to Bhoj Gadi Pushtara over Phulara ridge

- Trek Time: 6 hours



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## DAY 5: Trek to Taluka to Sankri

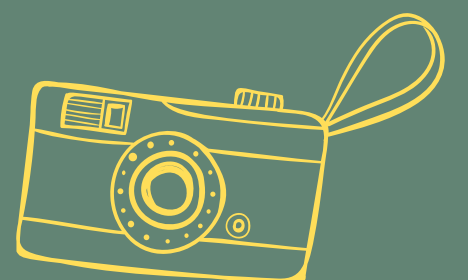


- **Trek Time: 4-5 hours**



## DAY 6: Drive from Sankri to Dehradun

- **Distance: 200kms and time took around 8-9 hours**



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# DETAILED ITINERARY



## DAY 1: DRIVE DEHRADUN TO SANKRI



- The first day starts with full enthusiasm, excitement, and joy from Dehradun to Sankri. The journey to Phulara Ridge Trek starts from here. Around 198 km is to be travelled, which takes about 8-9 hours. Amidst the trip to Sankri, you will hit breathtaking views of Mori Naitwar, Nainbagh, Jarmola & Naugaon. In addition to this, you will see various natural water streams, a variety of flora and fauna. After reaching Sankri Village, you will encounter a fantastic sunset that will add to your unforgettable sweet memories.
- The village consists of many shops and dhabas with traditional food. People are so innocent and friendly. You will indeed feel connected to this place from the very first day. In the evening, you may roam around the local markets of the village, which looks great at night especially.



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# DAY 2: SANKRI TO SIKOLTA

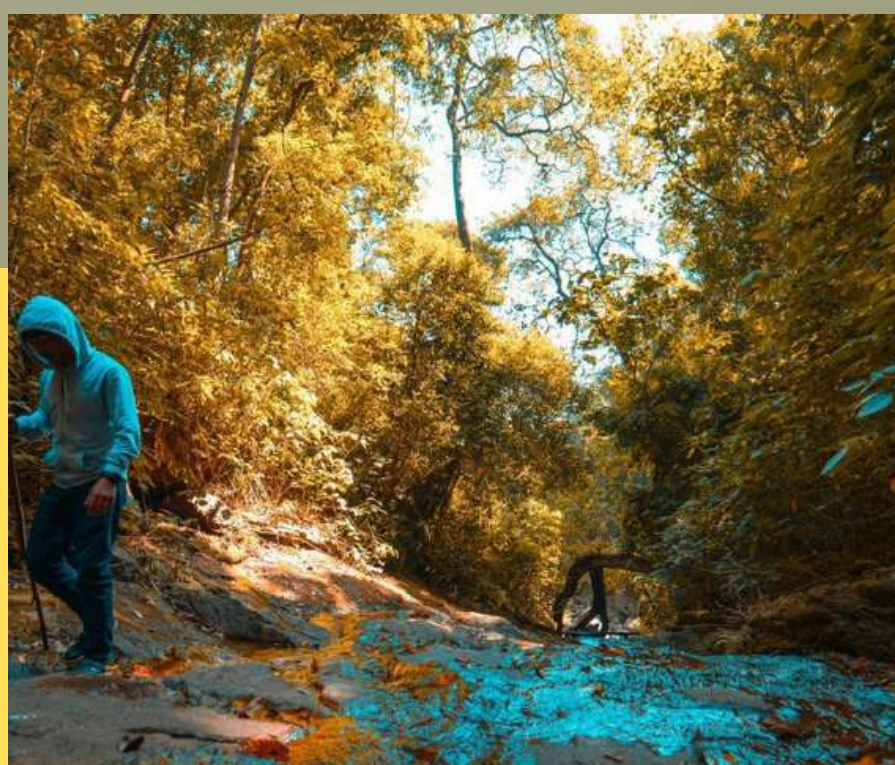


- On the second day, you will be heading towards Sikolta from the Sankri Village. Sikolta, which is 2830 meters above sea level, is 4-5 hours away from Sankri Village.
- You will have breakfast in Sankri in the early morning and then will start the trek towards Sikolta. During the trek, you will see thick forests consisting of pinewood trees, walnut trees, and many more, which will give you a thrilling adventure. The journey will be full of enjoyment. You will see the snow-covered Himalayas, which will fill you with more curiosity to continue your journey further. After reaching Sikolta, you will have dinner and spend the whole night in the tents in Sikolta.
- After having breakfast, we will begin our trek to Sikolta and undergo a cute pine wooded area. During the trek, you're going to find lovely crimson lilies in addition to yellow marsh marigold blooming. After some hours of trekking, you may have a captivating sight of snow-included mountains. Your dinner and night stay may be scheduled in tents at Sikolta





# DAY 3: TREK TO BHOJ GADI



- Day 3 will take you to Bhoj Gadi from Sikolta. Bhoj Gadi is located at an altitude of 3400 m. The trek will be for 4 hours. The level of the trek will be from Easy-moderate. In between the trek, you will be able to view the eye-catching scenes of the Kedarkantha Peak. The vistas of other neighbouring mountains and other meadows will be worth experiencing. You can envisage from this point of time how beautiful the further journey could be.
- After 4 hours, you will reach Bhoj Gadi, and here you can enjoy your rest of the time. Every necessity will be provided to the travellers from time to time.



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# DAY 4: TREK TO PUSHTARA OVER PHULARA RIDGE

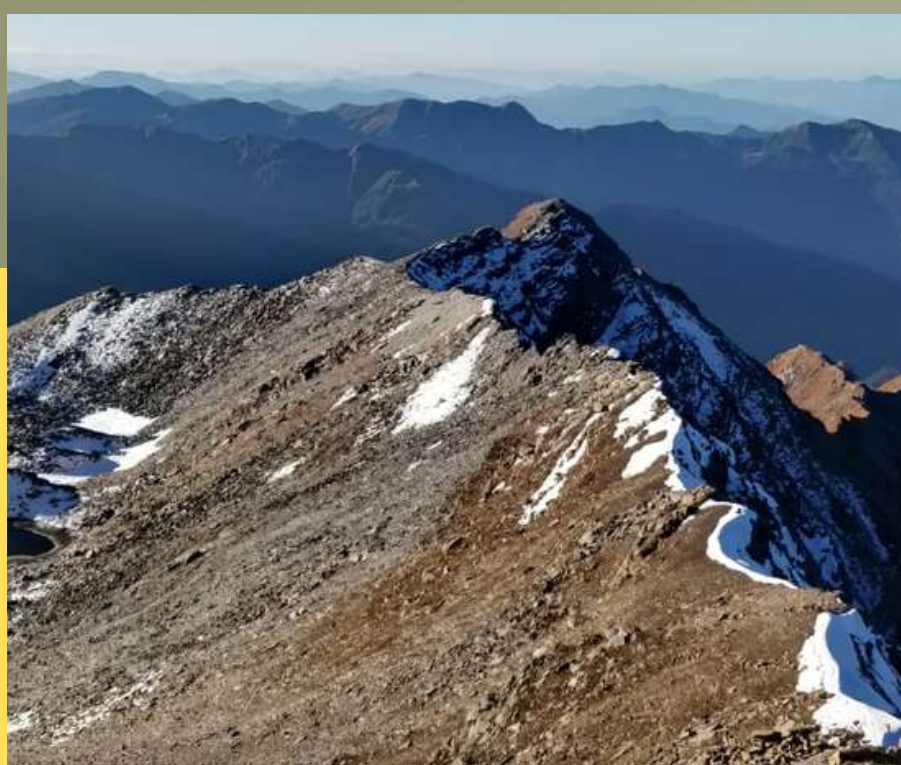


- This day you need to move towards Pushtara Meadows(2890 m)via Phulara Ridge(3690 m). The time for this trek is estimated at 5-6 hours. The hike could be a little challenging, so all the travellers are advised to keep their water bottles or soft drinks with them. You will experience various Himalayan Monals in between the trek. After you reach the summit, you will be amazed to see the view of Hanuman Top, Bandarpooch, and Swargarohini. The scenic beauty of Pushtara Meadows and its lush green area will make you fall in love with this place for sure.





# DAY 5: TREK TO TALUKA TO SANKRI



- Now is the time to set back and say goodbye to Phulara Ridge Trek. From Pushtara Meadows, you will return to Sankri via Taluka. First, you will trek to Taluka for about 4-5 hours and then drive to Sankri from Taluka for 1 hour.
- We advise you to enjoy this time most as this will be your last day of such a fantastic trek. Make sure to have vistas of sunrise. While trekking to Taluka, observe and enjoy everything. The dense forests of pine wood will help you to regain your memories. After reaching Taluka, we will drive to Sankri.



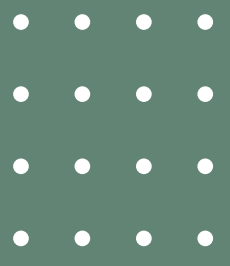


# DAY 6: DRIVE FROM SANKRI TO DEHRADUN



- Hence, your get concluded on this day. You will drive to Dehradun from Sankri. After breakfast, you will be travelling and will reach Dehradun by evening. But this is not the conclusion; there are more such treks of Uttarakhand you need to discover in the future.





# **TREK DATES**

**SEPTEMBER:- 1,3,4,10,11,17,18,24,25**

**OCTOBER:- 1,2 7,8,9 15,16 22,23 29,30**

**NOVEMBER:- 6, 13, 17, 18, 24**



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# THING TO CARRY



## Trekking Gear

1. Ruck sack bag with rain cover. Qty -1
2. Day Pack Bag - Recommended for treks with summit day
3. Head Torch with spare Batteries. Qty -1
4. U V protection sunglasses. Qty -1
5. Water Bottles: 2 bottles of 1 liter each

## Footwear

1. Non-skid, deep treaded, high-ankle trekking shoes Qty -1
2. Pair of light weight Slipper/Sandals Qty -1





## Clothing

1. Quick Dry Warm lower or Track Pants. Qty - 2
2. Full sleeves T-shirts/ Sweatshirts. 1 for every 2 days of trekking
3. Pair of thick woolen socks. 1 pair for every two days of trekking
4. Thermal Body warmer Upper & Lower. Qty-1
5. Undergarments. Qty - 1 for every day of trekking
6. Warm jacket closed at wrist & neck .Qty-1
7. Full sleeves sweater. Qty -1
8. Rain wear ( Jacket & Pants ) . Qty-1
9. Pair of waterproof, warm gloves. Qty-1
10. Woolen cap. Qty-1
11. Sun shielding Hat. Qty -1

## Toiletries

1. Personal toiletries kit (Small Towel, Toilet paper, paper soap, Bar soap, toothbrush, toothpaste, cold cream etc.)
2. Sun screen lotion small pack . Qty -1
3. Lip Balm small pack. Qty-1



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## Utensils

1. Small size, Light weight & Leak proof lunch box. Qty-1
2. Plate. Qty- 1
3. Spoon. Qty-1
4. Tea/Coffee (plastic) Mug. Qty-1

## Miscellaneous

1. Camera (Optional)
2. Carry your medicines in plenty in case you have any specific ailment. Consult your doctor before joining the trek.
3. Dry fruits, Nuts, Chocolate bars (Optional)



# FITNESS FOR TREK

## Tips to get fit for Trekking

Experiencing trek is almost everyone's passion or dream. But before starting or planning for a hike, you must be aware of the during and post-trek pain of your body. It is essential to be strong enough to enjoy your whole trek without any disruption of body ache. One book or decide several months before going on a hike, so you have a significant amount of time exercising your body and training it to become flexible for the trek.

## Following are some advantages of training yourself before trek:

- It fosters aerobic fitness.
- It improves blood circulation and breathing functions as well.
- It makes the heart strong, preventing it from any problem.
- It helps in toning legs.
- Muscles get build-up which is very beneficial.

Therefore, one must do practice to gain all these benefits. It is not only for the trek but for lifetime fitness also.

Let's have a look at some factors which must be kept in mind to practice before trek:







## **IMPORTANCE OF STRETCHING**

It helps the body become flexible and allows you to move your body in any direction you want quickly. It helps make the jointsM such as shoulders, elbows, hips and knees stronger to prevent any misshaping. It provides much relaxation to your body and relieves the pain. And if you are going on a trek, it is essential to practicestretching way before your hike. It will help you in moving to thehigher altitudes region more efficiently.

## **SLEEP LIKE BABY**

It is always said that one must sleep like a baby. It means sleep without any worries. This makes you have an adequate amount of sleep which is a significant factor in daily life. So, practice it daily and also before your trek. Try to make yourself comfortable to sleep at higher altitudes.

## **GOOD SHOES-GOOD TREK**

It is so evident that one has to walk and only walk while Trekking, so it is far more essential to have a good pair of trekking/hiking shoes. Practice walking by wearing your boots before the trek to make yourself used to them. You may opt for an option to keep an extra pair in your bag while trek to help



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# HOW TO REACH

## BY AIR

Jolly Grant Airport, Dehradun, is located about 20 km from the city. You will find a daily flight from Delhi to Dehradun.

## BY TRAIN

Overnight train to Dehradun from Delhi • Nanda Devi Express -  
Departure 11:50 PM Arrival - 05:40 AM • Dehradun Express -  
Departure - 09:10 PM Arrival - 05:00 AM

## BY BUS

From Delhi's ISBT Kashmiri Gate, regular bus service from Delhi to Dehradun is available. Note: We recommend taking only government buses from ISBT Kashmiri Gate.

## QUICK OVERVIEW

The vehicle will pick you up from Dehradun Railway Station at 6:00 am, pick charges are included. You will reach Sankri around 05:00 PM Food from Dehradun to Sankri is not included in the Kedarknath trek



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# ***TERMS AND CONDITION***

## **INCLUSIONS**

1. Accommodation. (Guest house, Home stay, Camping)
2. Meals while on trek (Veg.+ Egg)
3. Trek equipment's: Sleeping bag, mattress, tent (twin sharing), kitchen & dinning tent, toilet tent, utensils and crampon (if required)
4. All necessary permits and entry fees.
5. First aid medical kits, stretcher and oxygen cylinder.
6. Mountaineering qualified & professional trek Leader, guide and Support staff.
7. Transport from Dehradun to Sankri and return (According to itinerary)
8. Mules to carry the central luggage
9. Camp Fire at camp side
10. Achievement certificate of kedarkantha Trek
11. Memories of life time of kedarkantha Trek

## **EXCLUSIONS**

1. Any kind of personal expenses.
2. Food during the transit.
3. Insurance.
4. Mules or porter to carry personal luggage.
5. Anything not specifically mentioned under the head.
6. Any kind of emergency evacuation charges.
7. 5% GST (Good Service Tax)
8. Transport and food from your place to Dehradun
9. during transport from Dehradun to sankari and return food not included

## **NOTE**

Normally Trip on Himalaya expect to carry your personal luggage on your own, if you wish to offload your backpack, you can give it to Mule.

Charges of offloading backpack:-

INR 1200/- if you make an online payment, 10 days in advance

INR 1500/- if you inform us after reaching Sankri

The backpack cannot weigh more than 11 kgs. Backpack should have waterproof cover. Suitcases/strolleys/ bags will not be allowed.

To book Rupin Pass Trek/ adventure program please use our online booking form or, alternatively, you can call us on the given for confirmation of tour you have to wire a deposit and initial deposit

## **WHEN TO BOOK**

It is wise to make your booking at least two months in advance. However, if you want a good deal on your domestic/international flight, we recommend organizing your trip at least five months in advance. (Please contact us if you require a late booking)





## ***TERMS FOR CANCELLATION & REFUND:***

Customer is suppose to make a full payment in advance for the confirm bookings.

If in case a confirmed booking needs to be cancel than below are the refund policies

1. Prior 30 days of the confirmed date, 50% of the total amount would be refunded
2. Prior 25 days of the confirmed date, 40% of the total amount would be refunded
3. Prior 20 days of the confirmed date, 30% of the total amount would be refunded
4. Prior 15 days of the confirmed date, 20% of the total amount would be refunded
5. Prior 10 days of the confirmed date, 10% of the total amount would be refunded

**Note:** After the said time the Trip on Himalaya would not be entertaining any cancelation and no amount would be refunded whatsoever.



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# PAYMENT POLICY



**G. Pay number:**  
**8126089649**

**UPI I'd**  
**8126089649ybl**



# RESISTATION CERTIFICATE



**Uttarakhand**  
*Simply Heaven!*

**Uttarakhand Tourism Development Board**  
Department of Tourism, Government Of Uttarakhand

## Certificate of Registration

This is to certify that

M/s. Trip On Himalaya

Owner/Partner Name Ajay Singh, Mahaveer Singh Rawat, brijmohan Singh

Address Village Saur, Post Sankri, Mori - Uttarkashi, Uttarkashi

Has been registered as per **Uttarakhand Tourism and Travel Trade Registration Rules-2014 (amendment 2016)** under the category

**Adventure Tour Operators dealing with Mountaineering and Trekking**

Certificate No. UTTR/UTTARKASHI/13-2021/004587



Generated On 23-08-2021

Printed On 23-08-2021

  
District Tourism Development Officer  
Uttarakhand Tourism Development Board

जिला पर्यटन विकास अधिकारी  
उत्तरकाशी।

\* The Authenticity of the certificate may be verified on [www.uttarakhandtourism.gov.in](http://www.uttarakhandtourism.gov.in)

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# WHY TRIP ON HIMALAYA?

## ♥ GUIDES

Certified, Experienced, Soft Spoken and Well Mannered Local Trekking Guides

## ♥ EXPERTISE

We have been managing trekking events from last few years, which proves that we are experts of our field.

## ♥ 1000+ TOURS DONE

Till now we have done more than 1000 tours across India.

## ♥ POCKET FREINDLY PACKAGES

Our packages are very cost effective as compare to other travel agencies.

## ♥ VERIFIED REVIEWS

Our customers review us as one of the best trekking agency in Uttarakhand.



# GG REVIEWS



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# CONTACT US

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